



Up-Island Council on Aging
508-693-2896



~ February 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00 Pilates 11:15 Yoga 	3 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking	4 8:15 Balletics 1:00 Mah Jong 2:30 Walking Group	5 8:30 & 9:30 Strength Training 12:30 Lunch	6 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	7
8	9 10:00 Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga	10 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30-2:00 Blood Pressure Clinic 11:30 Rug Hooking	11 8:15 Balletics 1:00 Mah Jong 2:30 Walking Group	12 8:30 & 9:30 Strength Training 12:30 Lunch	13 8:15 Balletics NEW!! Chair Massage 10:00-2:00 Schedule your appointment today! 10:30 Yoga 1:00-3:00 Water Color	14
15	16 *CLOSED* 	17 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking	18 8:15 Balletics 1:00 Mah Jong 2:30 Walking Group Patti Mello Legal Clinic	19 8:30 & 9:30 Strength Training 12:30 Lunch	20 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 	21
22	23 10:00 Pilates 11:15 Yoga *Pedi-Care Clinic* 508-693-2896 to sign up 1:30 Martha's Vineyard Museum Presents: "Dogs Vs. Cats" 508)693-2896 To Register	24 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking	25 8:15 Balletics 10:30 Book Group 1:00 Mah Jong 2:30 Walking Group Public Health Nurse Clinic Drop in or call Laura Murphy for an appointment. (508)957-7660	26 8:30 & 9:30 Strength Training 12:30 Lunch	27 8:15 Balletics NEW!! Chair Massage 10:00-2:00 Schedule your appointment today! 10:30 Yoga 1:00-3:00 Water Color	28

